



# FALL 2017 UPDATE



I would like to begin by wishing everyone a happy new school year! Fall is nearly here and we are excited to offer some amazing O2 programs! We have a lot of new additions to our O2 family. Our beloved Emily Sachwald is out on maternity leave. Emily and her new darling baby girl, Lily Maeve Sutton, are healthy, happy and well. She was born on August 4th at 9:50 am, weighed 9 lbs., 2 oz. and came into the world ready for adventure, no crying! Lily loves walks in her stroller at Lincoln Park and going to Alki Beach to watch the seagulls.

We are also very pleased to announce Emily’s temporary replacement, Matt Busch. A native of St. Paul, Minnesota, Matt joins the O2 Program from Virginia where he created and ran the Outdoor Program for Bridgewater College. Matt loves to travel and explore the outdoor world. His favorite trip he’s led was to Sumatra and Bali in Indonesia - where he led high school students backpacking through the rainforest. Matt lives with his girlfriend Kasey in Seattle and is looking forward to exploring Washington and helping O2 students find new adventures.

The fall season is also a time to welcome two new AmeriCorps members, Elise Adams and Jai Hillard. Elise hails from a farm town in Northern California, and has spent the last couple years exploring her home state by delivering middle school outdoor education. Always looking for adventure, she has mushed sled dogs and farmed at a homestead in bush Alaska, trekked through the Amazon to study Indigenous medicinal practices, and tutored at-risk elementary school students in the urban jungle of Southern California. Elise loves working with young folks and exploring our wonderful and weird world, and is stoked to do so with the O2 crew!

Originally from Chicago, Jai comes to the O2 Program from Northern California after a year of national service doing trail work and environmental conservation with AmeriCorps NCCC. Jai graduated from the University of Illinois at Urbana-Champaign in May 2016 with a degree in Natural Resources and Environmental Sciences. An outdoors enthusiast who enjoys camping, hiking, and all other forms of recreation, Jai is excited to explore the Seattle area and facilitate a rewarding experience for O2 students.

With the school district change of early release on Wednesdays, ***we have decided to offer both North-end and South-end workshops on Wednesdays.*** Pick up times are: North-end: Rainier community center (cc) 3:00 pm, Garfield cc 3:30 pm, South-end: Camp Long 3:00 pm, Jefferson cc 3:15 pm, Rainier Beach cc 3:30 pm. In an effort to make more events accessible and spend far less time in traffic, ***we have also decided to eliminate the Northgate community center as a North-end pick up location.*** We will continue to provide North-end pick up locations at Garfield and Rainier community centers.

Lastly, November is the time to register for our ***SOS snowboarding season.*** The SOS program offers an all expense paid opportunity to learn how to snowboard and includes: transportation, food, clothing, equipment, and lessons. The sessions will occur on Thursdays from 3:00 p.m. – 10:00 p.m. from January – February 2018. The majority of the spaces are reserved for people that have never been snowboarding, while a small percentage of the spaces will go to people that participated last year. ***We will initially invite those O2 participants that attend the highest number of events in the fall season.*** A lesser portion of spaces will go towards new O2 fall recruits.

We welcome all people to come out and explore with us this fall season. We can’t wait to see you at our events!!!

~ Bob, Matt, Elise & Jai~

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[www.seattle.gov/parks/teens/o2](http://www.seattle.gov/parks/teens/o2)  
 Join our group on Facebook!



# September/October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sept. 24	Sept. 25	Sept. 26	Sept. 27 <b>North End— Kayak and Paddleboard</b> <i>Page 5</i> <b>South End— Planning Session</b> <i>Page 7</i>	Sept. 28	Sept. 29	Sept. 30
1	2	3	4 <b>North End— Discovery Park Exploration</b> <i>Page 5</i> <b>South End— State of the Environment</b> <i>Page 7</i>	5	6	7 <b>South End Overnight Autumn Cabin Farm Trip</b> <i>Page 9</i>
8 <b>South End Overnight Autumn Cabin Farm Trip</b> <i>Page 9</i>	9	10	11 <b>North End— How to Travel the World</b> <i>Page 5</i> <b>South End— Cutting Edge Environmental Science</b> <i>Page 7</i>	12	13	14 <b>North End Overnight Wolf Haven International</b>  <i>Page 9</i>
15 <b>North End Overnight Wolf Haven International</b>  <i>Page 9</i>	16	17	18 <b>North End—Life of a College Student</b> <i>Page 5</i> <b>South End— Science Colleges, and Careers</b> <i>Page 7</i>	19	20 <b>Joint Workshop Georgetown Morgue Haunted House</b> <i>Page 5</i> <i>NOTE—LATER PICK UP TIME</i>	21 <b>JOINT Service Project Schmitz Park Clean up</b>  <i>Page 10</i>
22	23	24	25 <b>North End— Movie Night!</b> <i>Page 5</i> <b>South End— Day of the Dead Party</b> <i>Page 7</i>	26	27	28

Workshop pickup time: 3:00—3:30 p.m.  
 Workshop drop-off time: by 7:30 p.m.  
 Weekend trip pickup time: 9—9:30 a.m.  
 Weekend trip drop-off time: by 8 p.m.

Contact us to sign up for events!  
 Elise Adams (North) | 206-423-1501  
 Jai Hillard (South) | 206-423-3460  
[www.Facebook.com/groups/O2program](http://www.Facebook.com/groups/O2program)



# November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>JOINT WORKSHOP</b> Century Link Tour  Page 6	2	3	4 <b>North End Overnight</b> Oregon Camping Coastal Salmon  Page 9
5 <b>North End Overnight</b> Oregon Camping Coastal Salmon  Page 9	6	7	8 <b>North End— Laser Tag</b> Page 6 <b>South End— Bowling</b> Page 8	9	10	11 <b>JOINT Service Project</b> Tree Planting Project  Page 10
12	13	14	15 <b>North End— Zoomania</b> Page 6 <b>South End— Advanced Outdoor Living Skills Training</b> Page 8	16	17	18 <b>South End Overnight</b> Coastal Cabin Trip  Page 9
19 <b>South End Overnight</b> Coastal Cabin Trip  Page 9	20	21	22 <b>NO WORKSHOP</b>  Happy Thanksgiving	23	24	25
26	27	28	29 <b>North End— Low Ropes and Leadership</b> Page 6 <b>South End— UW Observatory Tour</b> Page 8	30		

Workshop pickup time: 3:00—3:30 p.m.  
 Workshop drop-off time: by 7:30 p.m.  
 Weekend trip pickup time: 9—9:30 a.m.  
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# December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <b>South End Overnight Snow Cabin Trip</b> <i>Page 9</i>
3 <b>South End Overnight Snow Cabin Trip</b> <i>Page 9</i>	4	5	6 <b>JOINT Workshop Indoor Rock Climbing</b> <i>Page 6</i>	7	8	9 <b>North End Overnight Mt. Rainier Cabin Trip</b> <i>Page 9</i>
10 <b>North End Overnight Mt. Rainier Cabin Trip</b> <i>Page 9</i>	11	12	13 <b>JOINT Workshop Winter Holliday Party</b> <i>Page 6</i>	14	15	16
17	18	19	20 <b>NO WORKSHOP</b>	21	22	23
24	25	26	27 <b>NO WORKSHOP</b>	28	29	30

**Workshop pickup time: 3:00—3:30 p.m.**  
**Workshop drop-off time: by 7:30 p.m.**  
**Weekend trip pickup time: 9—9:30 a.m.**  
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**Contact us to sign up for events!**  
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## NORTH-END WORKSHOPS—WEDNESDAYS

### **Pickups and Drop-offs:**

NORTH-END students can meet the green Parks van at:

**Rainier Community Center**—3:00 p.m.

**Garfield Community Center**—3:30 p.m.

**Return to Rainier CC/Garfield CC**—by 7:30 p.m.

### **Wednesday, September 27, 2017 – Kayaking and Stand Up Paddle Boarding - Lake Union**

Enjoy one of the last days before the rainy season out on the lake! You'll have great views of the skyline of Seattle while you learn to paddle either standing up or sitting down. *Waiver required on page 13*

### **Wednesday, October 4, 2017 – Discovery Park Exploration and Sand Volleyball**

Discovery Park is one of the most scenic areas in Seattle. We'll check out the shores of the Puget Sound and get a glimpse of the Olympic Mountain Range across the water. Following the short hike, get your game on! We'll play some sand volleyball and the increasingly popular, Spikeball!

### **Wednesday, October 11, 2017 – So You Want to Travel the World?**

Many people dream of traveling the world, but planning an overseas adventure can be daunting. Learn how to plan a smart, safe and cheap international trip. Additionally, secrets will be revealed on how to travel the world for FREE and even GET PAID for an international adventure!

### **Wednesday, October 18, 2017 – A Night in the Life of a College Student**

Want to know what college life is all about? Come check out a night in the life of a University of Washington student! We'll check out the campus, eat in the dining hall and meet with O2 program alumni who are current students.

### **FRIDAY, October 20, 2017 – Georgetown Morgue Haunted House**

It's that time of year! Throw on a costume and head out for the fright of your life! We'll make our way through the scariest haunted house in Seattle. **\*\* PICK UP TIMES - Garfield Community Center-5:00 p.m. Rainier Community Center-5:15 p.m. Return by 8:00 p.m.**

### **Wednesday, October 25, 2017 – Movie Night!**

Get to know other O2 members and check out one of your favorite films on a large projector! We'll have popcorn, drinks and all your favorite movie theatre snacks.



Space is limited on these events, so please call or text **Elise** and leave a message to sign up for all North-end events! **206-423-1501**



# NORTH-END WORKSHOPS

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NORTH-END students can meet the green Parks van at:  
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**Garfield Community Center**—3:30 p.m.  
**Return to Rainier CC/Garfield CC**—by 7:30 p.m.

### **Wednesday, November 1, 2017 – Century Link Tour (JOINT)**

**GO HAWKS!** Get a behind-the-scenes look at the home of your favorite local sports teams. We'll explore the locker rooms, press box and facilities at the home of the Seahawks and Sounders. Don't miss this awesome opportunity!

### **Wednesday, November 8, 2017 – Laser Tag and Pizza Party**

Go on a stealth mission to “zap” your O2 friends! We'll play laser tag in an exciting and fun arena with dynamic lighting and sound. Cool off following the game with pizza and cold drinks.  
*Waiver required on page 15*

### **Wednesday, November 15, 2017 – Zoomania**

Get in touch with your animal side at the Zoo! We'll check out over 300 different species of animals from around the world and hopefully go on a special behind-the-scenes tour.

### **Wednesday, November 29, 2017 – Low Ropes Games and Leadership**

Leadership is a big buzz word these days for colleges and employers. Come see what type of leader you are! We'll play teambuilding games, have fun and bond with other O2 participants. You might even realize the leader within yourself.

### **Wednesday, December 6, 2017 – Indoor Rock Climbing**

Just because the winter season is here, doesn't mean rock climbing needs to end! Give indoor rock climbing a try and you'll be surprised how high you can climb. Beginner and advanced climbers welcome. *Waiver required page 17*

### **Wednesday, December 13, 2017 – Winter Party**

The annual O2 winter party is back again for the holiday season. We will gather for warm drinks, holiday treats and our traditional “white elephant” gift exchange. Each person brings a silly useless gift – or something you can't wait to get rid of! When it's your turn, you can either steal another person's gift or take another gift from under the tree. This night is a lot of fun!



## SOUTH-END WORKSHOPS— WEDNESDAYS

### **Pickups and Drop-offs:**

SOUTH-END students can meet the white Parks van at:

**Camp Long**—3 p.m.

**Jefferson Community Center**—3:15 p.m.

**Rainier Beach Community Center**—3:30 p.m.

**Return to Jefferson CC/Rainier CC/Camp Long**—by 7:30 p.m.

### **Wednesday, September 27, 2017 – O2 School – Year Planning Session**

Some of the best ideas for planning our upcoming school year have come from our O2 participants. In honoring this process, we invite you all to come out for our first after school activity. We will order up your favorite pizza, and record your ideas for: upcoming trips, projects and workshops. Many of your creative ideas will turn into reality in our upcoming calendar of events.

### **Wednesday, October 4, 2017 – Current State of the Environment**

October is State of the Environment month for the O2 program! This first workshop will use video, chats, websites, and streaming digital to bring us up to speed with the current state of the environment. We have never hosted such an event and it's not to be missed.

### **Wednesday, October 11, 2017 – Cutting Edge Environmental Science: Now and into the Future**

Environmental Science has changed so radically over the past 10 years that science of the past seems elementary. Come check out how earth science has evolved and where it is now. This could even change the way that you view science!!!

### **Wednesday, October 18, 2017 – Environmental Science Colleges, Majors and Careers**

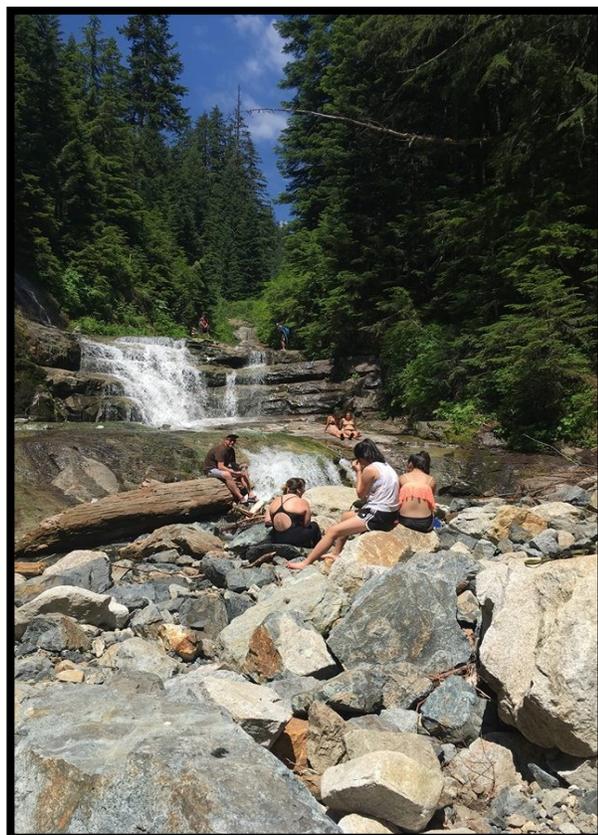
With so many changes in the state of the environment, and the evolution of science and technology: come find out about the top regional and national environmental colleges. We will also explore environmental science majors, and the enormous realm of environmental careers. You just might be inspired and find a college and career calling!!!

### **Friday, October 20, 2017 – Georgetown Morgue Haunted House**

Seattle's scariest haunted house: the Georgetown Morgue, has been an O2 favorite for years! Come prepared to leave crying and grabbing on to the person next to you for dear life. **\*\* PICK UP TIMES - Camp Long-5:00 p.m. Jefferson CC-5:15 p.m. Rainier Beach CC-5:30 p.m. Return by 8:00 p.m.**

### **Wednesday, October 25, 2017 – Day of the Dead Party**

Mexico's Day of the Dead celebration coincides with Halloween. Do you think this is by coincidence? Come have scary fun with us, eat great food, and learn what the Day of the Dead is all about. We will also have a scariest pumpkin carving contest with prizes. 7



## SOUTH-END WORKSHOPS— WEDNESDAYS

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**Jefferson Community Center**—3:15 p.m.

**Rainier Beach Community Center**—3:30 p.m.

**Return to Jefferson CC/Rainier CC/Camp Long**—by 7:30 p.m.

### **Wednesday, November 1, 2017 – Century Link Tour**

The Century Link Tour is an amazing behind the scenes tour of the Seahawks stadium that very few people ever have a chance to witness. We will check out the press box area, suites, player's locker rooms, and even possibly get on the field! Please sign up with Jai to reserve your slot.

### **Wednesday, November 8, 2017 – Bowling**

Bowling is a super fun way of getting to know your fellow O2 participants in a casual, easy environment. It doesn't matter if you've never touched a bowling ball or have a huge and secret collection in your closet. All are welcome!

### **Wednesday, November 15, 2017 – Advanced Outdoor Living Skills Training**

The O2 program strives to teach a multitude of outdoor living skills on all of our trips. This workshop will take outdoor living skills to a whole new level as we learn: advances fire starting, improvised water purification, off trail backcountry navigation, and a host of other useful survival skills.

### **Wednesday, November 29, 2017 – UW Observatory Tour**

The UW has one of the most amazing computerized observatories in the nation. Come check out this special facility and learn about the stars, constellations and how we fit into this infinite realm.

### **Wednesday, December 6, 2017 – Indoor Rock Climbing**

Rock climbing is a super fun sport that combines physical balance with mental focus. Come check out our indoor climbing session and either learn the basics or challenge yourself to new heights. Please bring the West Seattle Health Club waiver (pg. 17) the day of the event.

### **Wednesday, December 13, 2017 – Winter Party**

The O2 annual Winter Party is a great way of celebrating the holidays and meeting our O2 family! We will be doing a white elephant gift exchange. The white elephant gift exchange is where you bring a wrapped gift from your house that represents something goofy or an item that you have always wanted to re-gift. Delicious food and drink are always provided.



Space is limited on these events, so please call or text Elise or Jai and leave a message to sign up for all events!  
North -end (Elise) : 206-423-1501 | South-end (Jai) : 206-423-3460

**Pickups and Drop-offs for Trips:**

NORTH-end students can meet the green Parks van at:  
**Rainier Community Center**—9:00 a.m.  
**Garfield Community Center**—9:15 a.m.  
**Return to Rainier CC/Garfield CC**—  
by 8 p.m. for trips.

SOUTH-end students can meet the white Parks van at:  
**Rainier Beach Community Center** —9 a.m.  
**Jefferson Community Center** – 9:15 a.m.  
**Camp Long** – 9:30 a.m.  
**Return to Jefferson CC/Rainier Beach CC/Camp Long**— by 8 p.m. for trips

**NORTH-END TRIPS**

**Saturday - Sunday, October 14 - 15, 2017 – Wolf Haven International and Yurt Experience**

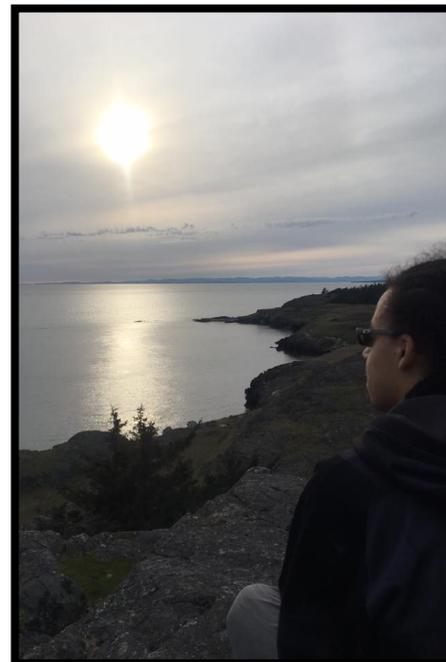
Wolves are back in the state of Washington! We'll head to Wolf Haven International to learn about the reemergence of wolves and catch a glimpse of the canine at the Wolf Sanctuary.

**Saturday - Sunday, November 4 - 5, 2017 – Coastal Salmon Car Camping**

Every year thousands of salmon venture from their salt water homes up fresh water streams and rivers. We'll get a chance to see these amazing fish and experience the beautiful waterfalls of the Columbia River Gorge.

**Saturday - Sunday, December 9 - 10, 2017 – Mount Rainier Cabin Trip**

Join us for an awesome trip to Mt. Rainier. We will do some snowshoeing around one of Washington's most iconic mountains. To warm up, we'll play cabin games while we sip on hot chocolate and warm apple cider.



**SOUTH-END TRIPS**

**Saturday – Sunday, October 7 – 8, 2017 - Autumn Cabin Farm Trip**

As the autumn harvest is in full swing, the O2 program will be heading into the rural, mountain foothills for an overnight cabin trip. We will explore surrounding sites, visit farm harvest festivals, and bake local fall classic dishes.

**Saturday – Sunday, November 18 - 19, 2017 - Coastal Cabin Trip**

As the rains come back to the Pacific Northwest, it's time to cozy up next to a fire and welcome the salmon home. The coastal cabin trip will focus on coastal and marine systems of our region and what makes our coastal environment such a spectacular place!

**Saturday – Sunday, December 2 - 3, 2017 - Snow Cabin Trip**

What can be more fun than playing in the mountain snow, only to head back to a warm cabin for a night's rest? This snow cabin trip will snowshoe, possibly do a snow hay ride, and learn about snow dynamics and avalanches. Space is limited, so please reserve your spot with Jai!

### Pickup and Drop-offs for Trips:

NORTH-END students can meet the green Parks van at:

**Rainier Community Center**—9:00 a.m.  
**Garfield Community Center**—9:30 a.m.  
**Return Rainier CC/Garfield CC**— by 6 p.m.

SOUTH-END students can meet the green Parks van at:

**Camp Long** – 9:00 a.m.  
**Jefferson Community Center** – 9:15 a.m.  
**Rainier Beach Community Center** – 9:30 a.m.  
**Return to Jefferson CC/Rainier CC/Camp Long** by 6 p.m.

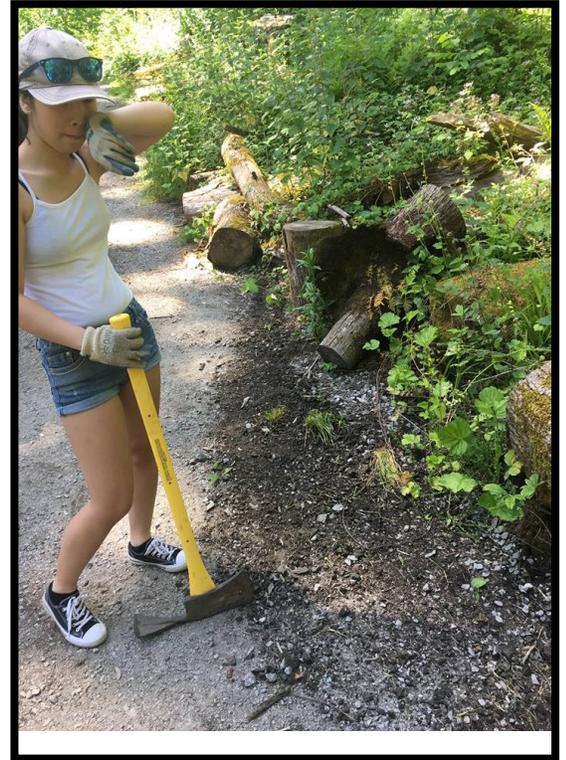
### JOINT SERVICE PROJECTS:

#### **Saturday, October 21, 2017 - Schmitz Park Clean up**

Schmitz Park is a hidden jewel of Seattle and one of the only old growth forests in the city. October's service project will clean up this special park and as always leave it better than we found it. Come participate in this day of service and earn service learning hours with your school.

#### **Saturday, November 11, 2017 – Tree Planting Service Project**

A large portion of the world's oxygen is produced by trees and other plants. Give a breath back to the world by helping restore its natural habitat in our local communities. Your efforts will make an impact on many different levels.



# FALL 2017

## STUDENT OF THE SEASON

### North-end—Rodrigo Mendoza

We are pleased to announce Rodrigo Mendoza as our O2 Student of the Season!!

Rodrigo has been an active O2 participant for the past year.

In the words of Emily Sachwald, ”Rodrigo has been an awesome O2 participant! He did this past summer’s trail crew because he thought it would be fun and a good opportunity.

Halfway through the week, he realized that he was getting paid for the crew!

He is always the first to volunteer and to help anyone in the program. He is always curious and inquisitive about the environments that we experience. He is very inclusive, friendly and has invited several people into our program because of his enthusiasm for the program.”

Thank you Rodrigo for continuing to be a positive part of our program!



### South-end - Cindy Huang

We are very fortunate to have Cindy Huang as our Student of the Season! Cindy has been a part of the O2 program for 2 – 3 years now. She has always been a very positive addition to our O2 family. She is quick to help and eagerly comes with a warm smile to everything she is a part. Cindy has participated in countless O2 events and last summer embarked on an extended backpacking trip into the North Cascades. Cindy recently graduated from Cleveland High School and was accepted into Seattle Pacific University. We are so happy to have Cindy a part of our program and know that Cindy will be a huge asset and successful in her future pursuits.

Thank you Cindy for everything you have done with us and for us!



**1. Rainier Community Center**  
 4600 38<sup>th</sup> Ave. S, Seattle, WA  
**(206) 386-1919**

**Bus lines:** 7, 9

**Directions from the corner of Rainier and Alaska:**

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

**Meeting Location:** Meet the Parks van in the parking lot of the community center.

**2. Garfield Community Center**  
 323 E Cherry St, Seattle, WA  
**(206) 684-4788**

**Bus Line(s):** 3, 4, 48

**Directions:** The Community Center is located on the corner of E. Cherry St and 23rd Ave.

**Meeting Location:** Meet the Parks van in the community center parking lot on East Cherry Street.



**3. Camp Long Environmental Learning Center**  
 5200 35<sup>th</sup> Ave. SW, Seattle, WA  
**(206) 684-7434**

**Bus lines:** 21, C Line

**Driving Directions From I-5:**

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35<sup>th</sup> Ave SW. Follow 35<sup>th</sup> Ave. SW past Alaska St. Turn left on SW Dawson St.

**Meeting Location:** Meet the Parks van in the parking lot in front of the Camp Long Lodge.

**4. Jefferson Community Center**  
 3801 Beacon Ave. S, Seattle, WA  
**(206) 684-7481**

**Bus lines:** Light Rail, 36

**Driving Directions From I-5:**

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

**Meeting Location:** Meet the Parks van in the parking lot of the community center near the front entrance.

**5. Rainier Beach Community Center**  
 8825 Rainier Ave S, Seattle, WA  
**(206)-386-1925**

**Bus Lines:** 106, from downtown: 7

**Driving Directions:** Down the street from Rainier Beach High School, cross street Rainier and S. Henderson St.

**Meeting Location:** Parking lot in front of the community center.





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**WAIVER!!!**

## Virtual Sports Customer Release of Liability and Assumption of Risk

In consideration of being permitted by VIRTUAL SPORTS TUKWILA WA, LLC, a Washington limited liability company, dba Virtual Sports ("VIRTUAL SPORTS") to participate in its activities and to use its equipment and facilities, I hereby agree to forever release, indemnify and discharge VIRTUAL SPORTS, its agents, owners, shareholders, directors, partners, employees, volunteers, manufacturers, participants, lessors, affiliates, its subsidiaries, related and affiliated entities, successors and assigns (the "RELEASED PARTIES"), on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in VIRTUAL SPORTS recreational entertainment facility, including, but not limited to, laser tag, entail known and unknown risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

**The risks include, among other things:** Laser tag entails certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Laser tag exposes its participants to the usual risk of cuts and bruises. Other more serious risks exist as well. Participants often fall off equipment, sprain or break wrists and ankles, and can suffer more serious injuries as well. Participants can run into each other or trip and fall and sustain injuries. While the lasers used have not been directly linked to any adverse health effects, Participant may be injured by the laser. As the use of fog and flashing lights is common, some asthmatics and those with photosensitive epilepsy are encouraged not to play. Traveling to and from laser tag location raises the possibility of any manner of transportation accidents. In any event, if you or your child is injured, you or your child may require medical assistance, at your own expense.

Furthermore, VIRTUAL SPORTS employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They may give incomplete warnings or instructions, and the equipment being used might become loose, out of adjustment, or malfunction. There is also a risk that VIRTUAL SPORTS employees may be negligent in, among other things, monitoring and supervising use of its equipment and facilities and in the maintenance and repair of its equipment and facilities.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks. I agree that I will participate in VIRTUAL SPORTS activities and use its equipment at my own risk.
3. I hereby voluntarily release, forever discharge, and agree to defend, indemnify and hold harmless RELEASED PARTIES from any and all claims, demands, damages, rights of action or causes of action, present or future, whether the same be known, anticipated or unanticipated, which are in any way connected with my participation in this activity or my use of VIRTUAL SPORTS equipment or facilities, including any such claims which allege negligent acts or omissions of RELEASED PARTIES. VIRTUAL SPORTS shall not be liable for any damages arising from personal injuries sustained by me in or about the premises of any VIRTUAL SPORTS. I assume full responsibility for any injuries or damages that may occur to me in or about the premises of VIRTUAL SPORTS.
4. Should VIRTUAL SPORTS or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage that I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition that I may have.
6. In the event that I file a lawsuit against VIRTUAL SPORTS, I agree to do so solely in the state of Washington and I further agree that the substantive law of Washington shall apply in that action without regard to the conflict of the law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.
7. I agree as an adult participant, or the Parent/Legal Guardian of a minor participant, in consideration of being permitted to participate at VIRTUAL SPORTS, grant VIRTUAL SPORTS, its parent, subsidiaries, related and affiliated entities, officers, directors, partners, shareholders, employees, agents, successors and assigns, the irrevocable right and permission to photograph and/or record me or my child(ren)/ward(s) in connection with VIRTUAL SPORTS to use the photograph and/or recording for all purposes, including advertising and promotional purposes, in any manner in any and all media now or hereafter known, in perpetuity throughout the world, without restriction as to alteration. I waive any right to inspect or approve the use of the Photograph and/or Recording, and acknowledge and agree that the rights granted to this release are without compensation of any kind. All Photographs and/or Recordings are exclusive to VIRTUAL SPORTS.
8. I agree that if the participant is a minor, this Release of Liability and Assumption of Risk agreement is made on behalf of that minor participant and that all of the releases, waivers and promises herein are binding on that minor participant. I represent that I have full authority as Parent or Legal Guardian to bind the minor participant to this agreement.
9. I agree that if the participant is a minor, I further agree to defend, indemnify and hold harmless VIRTUAL SPORTS from any and all claims or suits for personal injury, property damage or otherwise which are brought by, or on behalf of the minor, and which are in any way connected with such use or participation by the minor, including injuries or damages caused by the negligence of RELEASED PARTIES, except injuries or damages caused by the sole negligence or willful misconduct of the party seeking indemnity.

By signing this document, I acknowledge that if anyone is hurt or property damaged during my participation in this activity, I may be found by a court of law to have waived my or the minor participant's right to maintain a lawsuit against VIRTUAL SPORTS or any RELEASED PARTIES on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Print Name of Participant \_\_\_\_\_ Birth Date \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_ Relation \_\_\_\_\_

### IF THE PARTICIPANT IS A MINOR:

Print Name of Parent or Legal Guardian of Minor: \_\_\_\_\_ D/L # \_\_\_\_\_ State \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

(Participant or Parent/Legal Guardian if under age of 18)



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**WAIVER!!!**

**WEST SEATTLE HEALTH CLUB, LLC**  
**RELEASE OF LIABILITY & AGREEMENT NOT TO SUE FOR CLIMBING WALL**  
**OR ANY OTHER INDOOR OR OUTDOOR ACTIVITIES**  
**CLIMBER INFORMATION**

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
HOME PHONE (\_\_\_\_) \_\_\_\_\_ WORK PHONE (\_\_\_\_) \_\_\_\_\_  
EMERGENCY CONTACT'S FULL NAME \_\_\_\_\_  
DAY PHONE#(\_\_\_\_) \_\_\_\_\_ EVENING PHONE#(\_\_\_\_) \_\_\_\_\_

**PLEASE READ BEFORE SIGNING**

I, \_\_\_\_\_, am aware that rock climbing, or climbing any artificial rock wall, is a hazardous recreational activity and that while certain skills, equipment, or personal disciplines might reduce these risks, all of these indoor or outdoor activities are inherently dangerous and possess many significant threats including but not limited to the risk of cuts, burns, punctures, fractures, or more serious injuries such as paralysis or death,

In consideration of being allowed use of the climbing facilities and participation in programs at West Seattle Health Club:

- I agree that I will not sue or make any claim against WEST SEATTLE HEALTH CLUB, or it's employees, agents (paid or volunteer), or contractors, for any loss, injuries, or damages resulting from participation in rock climbing artificial wall climbing or any other indoor/outdoor activities at, or associated with WEST SEATTLE HEALTH CLUB.
- I agree that WEST SEATTLE HEALTH CLUB it's employees, agents, or contractors will not be held responsible for any loss, damage, or injury to me, my heirs, or assigns, resulting from any cause, including negligence.
- I agree that any equipment, which I provide, or borrow or rent from WEST SEATTLE HEALTH CLUB during any climbing or other indoor/outdoor activity, I shall use at my own risk. I understand and agree that WEST SEATTLE HEALTH CLUB shall not be held liable for any loss, damage, or injury resulting from the use of said equipment. WEST SEATTLE HEALTH CLUB makes no warranties pertaining to safety of said equipment.
- To the fullest extent allowable by law, I agree to RELEASE, INDEMNIFY AND HOLD HARMLESS WEST SEATTLE HEALTH CLUB, its employees, agents, volunteers, and contractors from any actions or claims brought by myself, family members or any other person(s), including but not limited to my heirs, assigns or personal representatives for any loss, injury or damages sustained during and resulting from participation in rock climbing, artificial wall climbing or any other indoor/outdoor climbing activities at or through WEST SEATTLE HEALTH CLUB including any loss, damage or injury resulting from use of the equipment or climbing wall or during any climbing programs or activities.
- The terms agreed to in this release shall also be binding upon myself and any other persons, including all family members, heirs, executors or administrators and includes any minors who may accompany me. I understand this is a binding contract which supersedes any other agreements or representations, but it is not intended to assert defenses which are prohibited by law.
- I am of legal age and competence to sign this release, or my parent or guardian has read and signed this release.

I agree that, of my own free will, I am voluntarily participating in this activity or any instruction related to this activity with full knowledge of the dangers implicated and hereby agree to accept complete responsibility for my own safety, and accept responsibility for all risks or dangers involved, even if arising from negligence of the WEST SEATTLE HEALTH CLUB. **I HAVE READ CAREFULLY AND THOROUGHLY THIS ENTIRE AGREEMENT, AND I UNDERSTAND ITS CONTENTS AND EVERY WORD AND TERM IN IT AND VERIFY THAT I AGREE TO THE ENTIRE AGREEMENT BY SIGNING BELOW OF MY OWN FREE WILL.**

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

If I am signing on behalf of a minor, in addition to the terms above, I agree to RELEASE, HOLD HARMLESS AND INDEMNIFY WEST SEATTLE HEALTH CLUB, and it's employees, agents, volunteers, or contractors for any claim the minor may bring. I agree to be solely responsible for any medical, legal or other expenses incurred by the minor.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



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**WAIVER!!!**



## Fall 2017 Equipment Lists

Make sure you show up to your Fall events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

<b>Overnight Trips</b>	<b>Day Trips</b>
<ul style="list-style-type: none"> <li>-Water bottle</li> <li>-Comfortable closed-toe walking shoes</li> <li>-Heavy jacket</li> <li>-Waterproof jacket</li> <li>-Wool or fleece sweater</li> <li>-Warm layers</li> <li>-Gloves</li> <li>-Warm hat</li> <li>-Warm socks (synthetic or wool)</li> <li>-1 pair of pants</li> <li>-Bandana</li> <li>-1 Small towel</li> <li>-1 Wash cloth</li> <li>-Swim Wear and towel</li> <li>-Flashlight (extra batteries)</li> <li>-Toiletries: soap (Ivory, if possible), tooth-paste, toothbrush, comb, brush, sanitary napkins if necessary</li> <li>-Medications (if needed)</li> <li>-Allergy medicine (if needed)</li> <li>-Travel size Pillow</li> <li>-Sunscreen</li> <li>-Sunglasses</li> <li>-Lip balm</li> <li>-Camera (optional)</li> </ul>	<ul style="list-style-type: none"> <li>-Comfortable closed-toe walking shoes</li> <li>-Waterproof jacket</li> <li>-Warm layers</li> <li>-Swim wear</li> <li>-Towel</li> <li>-Sunscreen</li> <li>-Sunglasses</li> <li>-Medications (if needed)</li> <li>-Camera (optional)</li> <li>-Snacks (optional)</li> </ul>